TRAMONTINA

PRESSURE COOKER

RECIPE BOOK

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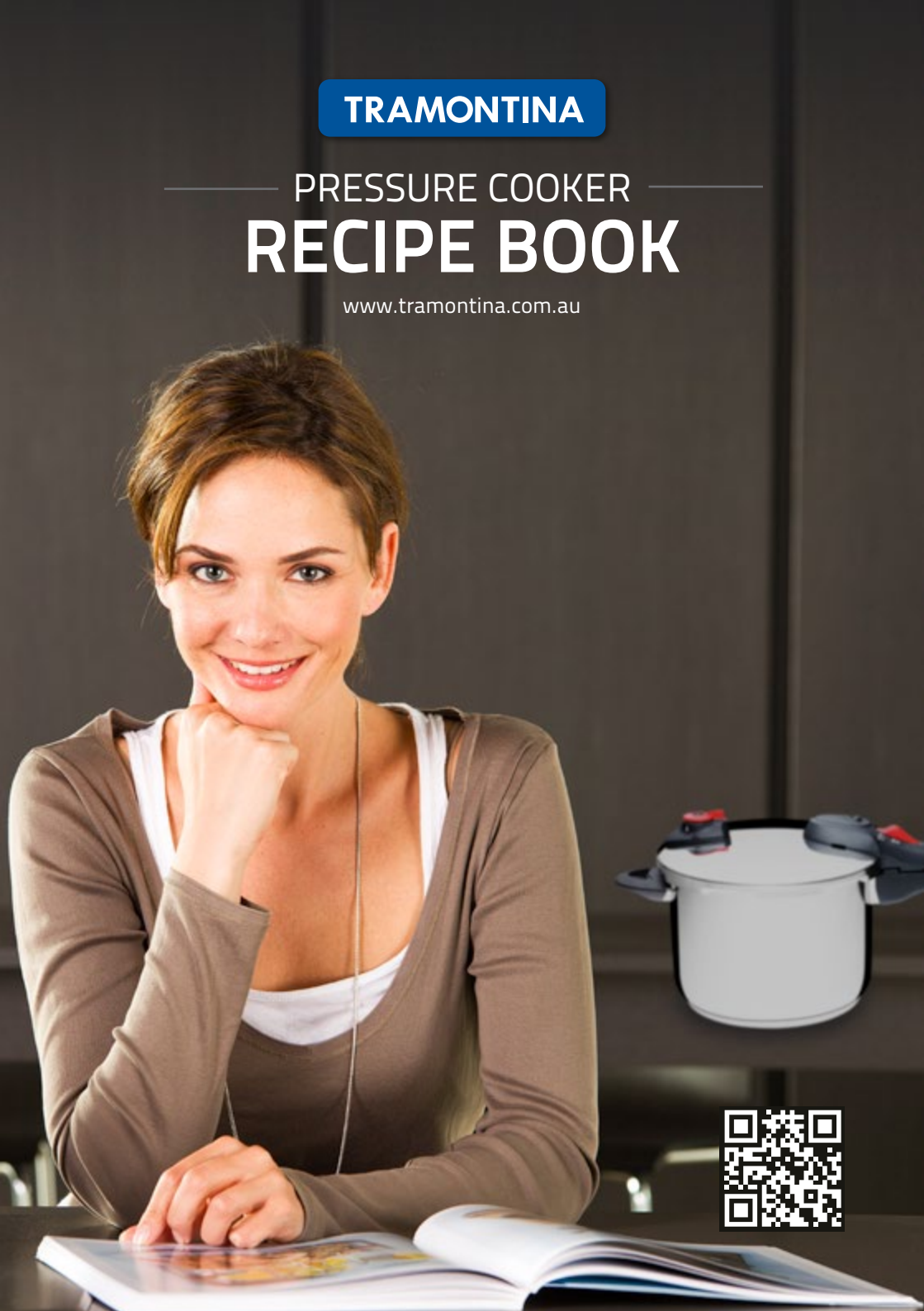

FASTER • HEALTHIER •
• ENERGY EFFICIENT

FACTS ABOUT THE PRESSURE COOKER

Pressure cooking is a way of cooking food in liquid using a gasket-sealed pan to retain steam and build pressure. By increasing the pressure inside the pan, the boiling point of the liquid in the pressure cooker is raised to 120˚C to 125°C, significantly higher than the normal boiling point of 100˚C. The increased temperature of the water and steam causes the fibres of the food to break down more quickly, and shortens the cooking time by up to 70 per cent. This pressure cooker is designed for use on gas, electric, ceramic and induction stovetops. During cooking, you adjust the burner on your stove to maintain the required pressure as registered by the valve, or regulator, on the lid of the pressure cooker. If the pressure cooker is overheated, or the valve becomes blocked, excess steam will be released automatically through a vent, or through a safety valve if both the valve and vent become blocked. When the pressure cooker is removed from the heat and starts to cool, the steam condenses, the pressure inside the pan is lost and the lid can then be safely opened.

USING YOUR PRESSURE COOKER

There are two pressure levels on the pressure cooker:

• High Pressure: Suitable for cooking a range of foods.

• Low Pressure: Suitable for delicate foods such as chicken breasts, fish and spinach.

• Once the lid has been locked, turn the heat level to HIGH to more quickly attain the pressure level you require.

• Once the pressure has been reached, reduce the heat to keep the pressure stabilised. You can see when your pressure level has been reached by the valve on the lid of your cooker.

• To reduce the heat enough to maintain pressure, you may need to use a smaller burner on a gas stove, or for electric stoves it's a good idea to set another burner on low and move the pressure cooker to the lower burner once your pressure level has been reached.

• It is important that you never let the flames from the gas burner lick up around the sides of the pan as this can cause discoloration of the cooker walls. Even when cooking on a high heat, keep the flame low enough so that it doesn't creep up the sides of the cooker.

• Using a timer, time the cooking from the moment the pressure you require has been reached.

• Depending on the amount of food or liquid being used, the cooker can take between 30 seconds and 15 minutes to reach full pressure.

PRESSURE RELEASE

There are two ways to release pressure:

• Natural-Release Method: The cooker is taken off the heat source and left to cool down gradually until the pressure releases on its own (this is preferable as it is gentler on the food and saves energy, reduces vapour, odour and water usage).

• Valve-Release Method: Remove pressure cooker from the heat source. Turn Regulator Valve to setting to and wait until the indicator pin goes down. When the indicator valve is down, there is no pressure left inside the pressure cooker and it can now be opened.

Once the pressure has been released, you can remove the lid of your pressure cooker. To remove the lid, turn it to unlock and then flip the lid to a vertical position facing away from you to protect yourself from the escaping hot steam.

CLEANING YOUR PRESSURE COOKER

• You must clean your pressure cooker thoroughly after each use.
• Remove the gasket from the lid and wash the lid and base with hot soapy water.
• This stainless steel pressure cooker is also dishwasher friendly.
• Avoid putting the lid of the pressure cooker into a dishwasher as this will damage the valve.

SAFETY COMES FIRST

Following these basic guidelines will ensure major problems are avoided:

1. Do not fill the pressure cooker to its capacity. The maximum fill line is either half-way or two-thirds of the way up the side wall on the inside of the cooker.
2. Do not leave the house or make a telephone call away from the pressure cooker when it is on the stove top. The heat level needs to be carefully regulated, so ensure the cooker is not left unattended for too long. If the heat level gets too high, steam will be released from the safety valves and all the liquid inside the cooker will evaporate, possibly causing damage to the cooker.
3. Lifting steamer inserts, bowls or dishes from a hot pressure cooker can be dangerous. Always place a folded towel or piece of muslin under the cooking vessel so that you can lift things in and out of the cooker carefully. To do this, place the covered basin or dish on a folded tea towel. Pick up the ends of the cloth and carefully lift the cooking dish and lower it into the base of the cooker.
Fold the ends of the towel over the dish, close and lock the lid. Once the cooking time finishes, release the pressure and open the lid. Using tongs, lift the ends of the cloth and let them fall over the sides of the cooker to cool for a few seconds. Pick up the cloth ends and carefully use them to lift the vessel from the cooker.
4. Food that tends to foam or froth should not be cooked in the pressure cooker. This includes pasta, porridge and cranberries.

WHAT COOKS BEST IN THE PRESSURE COOKER

- Soups, casseroles and slow-cooking sauces
- Tough cuts of meats: chuck, shin of beef, veal shanks, pork shoulder, lamb shanks, oxtail, corned beef, etc.
- Rice and other grains
- Vegetables: beetroot, potatoes, turnip, artichokes, etc.
- Desserts: crème caramel, cheesecake, bread, etc.

MUSHROOM RISOTTO

NEW

DIRECTIONS

Step 1
In a pressure cooker, heat 4tbs Olive oil and 2 Tbs Butter.

Step 2
Add onion and garlic. Sauté until translucent.

Step 3
Add portabella mushrooms and rice. Stir until rice is coated with oil.

Step 4
Add Chicken Stock

Step 5
Cover and cook under high pressure for 7 minutes.

Step 6
Release pressure and add remaining 2 TBS of butter. Stir in Parmesan cheese and serve.

INGREDIENTS

4 tablespoons olive oil
4 tablespoons butter
1 medium onion diced
2 garlic cloves minced
8 ounces portabella mushrooms, sliced
1 1/2 cups arborio rice or 1 1/2 cups risotto rice
4 cups chicken stock
1/2 cup fresh grated parmigiano-reggiano cheese

NOTES

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STUFFED TOMATOES

22min 6 serves

DIRECTIONS

Cut and remove the top of each tomato, then scoop out pulp and juice leaving tomato shells. Mash pulp and add garlic, salt, parsley and dill. Set aside.
In the pressure cooker, sauté onions in oil for 1½ minutes. Crumble lamb mince and add it to the pressure cooker with the rice and tomato mixture. Stir.
Close lid, bring to high pressure, then lower and cook for 8 minutes. Release pressure using the natural-release method and open lid.
Spoon mixture into tomato shells that have been placed in a baking pan.
Top with bread crumbs, and drizzle butter over top. Place tomato shells in a preheated broiler and bake until tops are browned, approximately 1½ minutes.

INGREDIENTS

6 ripe tomatoes
2 cups low salt beef stock
2 teaspoons crushed garlic
1 teaspoon salt
2 teaspoons parsley
1 teaspoon dill
1 large onion, minced
1/3 cup chopped parsley
450g lamb mince
1 cup white rice (long-grain)
1 cup bread crumbs

NOTES

COUNTRY STYLE POTATOES

15min 4 serves

DIRECTIONS

Heat the oil in the pressure cooker over medium–high heat and sauté the mushrooms and onions until the onions are browned. Mix in all the remaining ingredients.

Close the lid and bring to high pressure, then lower heat and cook for 5 minutes. Release pressure with the natural-release method and remove the lid. Serve.

INGREDIENTS

1 tablespoon olive oil
½ teaspoon salt
115g fresh mushrooms, sliced
½ cup chicken stock or water
½ cup finely chopped onion
2 tablespoons minced parsley
1/8 teaspoon pepper
4 cups potato, cut into large cubes

NOTES

TRADITIONAL VEGETABLE STEW

14min 4 serves

DIRECTIONS

Heat ½ cup vegetable stock and soy sauce in pressure cooker pot, then add onion, capsicum and garlic and cook over medium heat until the onion is translucent and most of the vegetable stock has evaporated. Cut the squash in half and remove seeds, then peel and cut into cubes.

Add squash cubes to onion mixture, along with chopped tomatoes, remaining cups of stock, oregano, chilli powder, cumin and pepper.

Close lid, bring up to high pressure then lower heat and cook for 4 minutes. Release pressure. Open the lid and add the kidney beans in their liquid, and the corn. Cook without lid for an extra 5 minutes over medium heat.

Serve warm with your favourite bread.

INGREDIENTS

2 ½ cups vegetable stock
1 tablespoon low salt soy sauce
1 onion, chopped
1 red capsicum, diced
4 large garlic cloves, minced
4 cups butternut squash
425g canned chopped tomatoes
½ teaspoon oregano
1 ½ teaspoons chilli powder
½ teaspoon cumin
½ teaspoon black pepper
425g canned kidney beans
1 ½ cups fresh or frozen corn

NOTES

VEGETABLE FIESTA

30min 4 serves

DIRECTIONS

Add chicken stock, olive oil, tomato sauce and rice to pressure cooker, close lid and bring to high pressure, then lower heat and cook for 5 minutes.
Release pressure using the natural-release method, open lid and add zucchini or squash, beans, cabbage and salt.
Close lid, bring to high pressure then lower heat and cook for 20 minutes until cabbage is tender.
Release pressure using natural-release method, open lid and add corn if desired.
Serve.

INGREDIENTS

2 cups low salt chicken stock
1 cup tomato sauce
1 cup long-grain rice
1 teaspoon olive oil
2 medium size zucchini/squash, cut into small round slices
1/8 teaspoon salt
226g Great Northern beans, or to preference
1 cup corn (optional)
1 small head cabbage (white is preferred), cut into 2.5cm pieces

NOTES

HERBED GARLIC MASHED POTATOES

11min 6 serves

DIRECTIONS

Add potatoes and stock to the pressure cooker. Close lid, bring to high pressure then lower heat and cook for 6 minutes. Release pressure with the natural-release method. Open lid and drain stock, leaving only ½ cup of stock.
Add the warm milk and olive oil. Beat with mixer until potatoes are fluffy. Add the herbs, salt and pepper.
Serve while hot.

INGREDIENTS

3 large potatoes, peeled and cubed
1 cup chicken stock with garlic seasoning
1 cup warm skim milk
2 tablespoons olive oil
1 tablespoon minced thyme
½ teaspoon garlic powder
½ teaspoon dried rosemary, crushed
½ teaspoon salt
½ teaspoon pepper

NOTES

SPANISH GOLD SAUTÉED CHICKEN

45min 4 serves

DIRECTIONS

Heat olive oil in the pressure cooker over high heat. Combine salt, lemon pepper seasoning and cumin, then sprinkle over both sides of chicken breasts.
Add chicken to pressure cooker and sauté on both sides, about 5 minutes.
Transfer chicken to plate and keep warm. Reduce heat to medium–high. Add leek and garlic, cook and stir for about 3 minutes. Add chicken, lemon slices, prunes, olives and thyme. Combine orange juice, wine, chicken stock and honey; pour over chicken.
Close lid, bring to high pressure then lower heat and cook for 25 minutes.
Remove from heat and release the pressure. Remove lid, set cooker back on stove and stir in tomatoes. Turn heat on low and cook for approximately 2 more minutes, stirring frequently.
Serve chicken mixture over rice. Sprinkle with parsley. Garnish with lemon slices.

INGREDIENTS

1 tablespoon olive oil
1 cup orange juice
½ cup dry red wine
½ cup low salt chicken stock
4 boneless chicken breast halves
2 tablespoons honey
1 medium leek, white part only, chopped
1 large plum tomato, seeded and diced
2 garlic cloves, minced
3 cups hot cooked rice
3 lemon slices, 6mm thick
½ cup chopped fresh parsley
1½ cups pitted prunes
Lemon slices, for garnish
1/3 cup pitted green olives, cut in half
2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
½ teaspoon each: salt, lemon pepper seasoning, ground cumin

NOTES

TRAMONTINA

SAFFRON CHICKEN PILAF WITH CUCUMBER SALAD

NEW

INGREDIENTS

2 tsp olive oil
1 (about 130g) chorizo sausage, thinly sliced
8 (about 1.5kg) chicken thigh cutlets, skin removed
1 brown onion, halved, thinly sliced
2 celery sticks, thinly sliced
1/2 tsp saffron threads
250ml (1 cup) salt-reduced chicken stock
200g (1 cup) basmati rice, rinsed, drained
1 bunch asparagus, woody ends trimmed, cut into 4cm lengths
1 Lebanese cucumber, coarsely chopped
250g punnet cherry tomatoes, halved
2 shallots, trimmed, thinly sliced
1/3 cup small fresh mint leaves
tsp fresh lemon juice

DIRECTIONS

Step 1
Heat oil in a pressure cooker over medium-high heat. Cook chorizo, stirring, for 3 minutes or until crisp. Transfer to a bowl.

Step 2
Add half the chicken and cook, turning occasionally, for 5 minutes or until browned. Transfer to the bowl with chorizo. Repeat with the remaining chicken.

Step 3
Add onion and celery and cook, stirring, for 2 minutes or until slightly soft. Return chorizo and chicken to the cooker. Add saffron and stock, and bring to a simmer. Cover and seal the cooker. Increase heat to high. Cook for 5-10 minutes or until steam escapes at a constant rate and there is a regular hissing sound. Reduce heat to low. Cook for a further 25 minutes. Release steam following manufacturer's instructions. Remove lid. Use tongs to transfer chicken to a large bowl. Cover with foil to keep warm.

Step 4
Add rice to the chorizo mixture in the pressure cooker. Cover and seal the cooker. Increase heat to high. Cook for 5 minutes or until steam escapes at a constant rate and there is a regular hissing sound. Reduce heat to low. Cook for a further 3 minutes. Release steam following manufacturer's instructions. Remove lid. Add asparagus and stir well. Cover the cooker with the lid but do not seal. Set aside for 10 minutes or until rice is tender.

Step 5
Combine cucumber, tomato, and shallot, mint and lemon juice in a bowl. Season with salt and pepper. Remove chicken meat from bones. Add chicken to pilaf. Divide among serving bowls and serve with salad.

CARIBBEAN BEEF ROAST

35min 4 serves

DIRECTIONS

Place the trivet and steamer basket inside the pressure cooker and add 1½ cups water. Place beef in steamer basket and surround with vegetables and fresh herbs. In a small bowl, combine beef stock, garlic powder, black pepper, nutmeg, lime juice and vinegar. Stir well and spoon over beef.

Close lid, bring up to high pressure, then lower heat and cook for 25 minutes. Release pressure.. Prepare rice while beef is cooking; adding 1 cup crushed pineapple to rice. Serve beef with vegetables and pineapple rice.

INGREDIENTS

1½ cups water
910g lean trimmed shoulder roast
1 tablespoon fresh chopped coriander
½ cup chopped onion
1 teaspoon garlic powder
½ cup chopped celery
½ cup chopped green capsicum
1 teaspoon cracked black pepper
½ teaspoon nutmeg
1 red jalapeno, diced
1 tablespoon fresh chopped parsley
1 tablespoon fresh chopped thyme
1 tablespoon beef stock
1 tablespoon lime juice
2 tablespoons red wine vinegar
Cooked rice with crushed pineapple

NOTES

TRAMONTINA

MOROCCAN LAMB SHANKS

NEW

DIRECTIONS

Step 1
Heat the oil in a stockpot or flameproof casserole dish over medium-high heat. Cook half the lamb, turning occasionally, for 4-5 minutes or until browned. Transfer to a plate. Repeat with remaining lamb, reheating the pan between batches.

Step 2
Add the onion, carrot and garlic to the pan. Cook, stirring, for 5 minutes. Add the cumin, turmeric, paprika and cinnamon and cook, stirring, for 30 seconds or until aromatic. Stir in the stock.

Step 3
Add the lamb and stir to coat. Cover and bring to the boil. Reduce heat to low. Simmer for 1 hour.

Step 4
Add sweet potato, lentils and dates. Increase heat to high. Cook, uncovered, for 30 minutes or until the lamb is tender. Set aside for 10 minutes to rest. Season with salt and pepper.

Step 5
Divide the couscous among serving dishes. Top with the lamb and sauce. Sprinkle with coriander leaves to serve.

INGREDIENTS

1 tbs olive oil
6 (about 1.2kg) small lamb shanks, French trimmed
1 brown onion, finely chopped
2 carrots, peeled, coarsely chopped
3 garlic cloves, crushed
2 tsp ground cumin
1 tsp ground turmeric
1 tsp sweet paprika
1 x 7cm cinnamon sticks
1L (4 cups) chicken stock
600g orange sweet potato (kumara), peeled, coarsely chopped
1 x 400g can brown lentils, rinsed, and drained
100g pitted dried dates, halved
Cooked couscous, to serve
Fresh coriander leaves, to serve

NOTES

ROAST BEEF IN PRESSURE COOKER

NEW

*Ammended information. June/2013

DIRECTIONS

Step 1
Put half of the oil in the Pressure Cooker and place pot over medium-high heat without the pressure cooker lid on. Cook beef for 6 minutes, turning, or until meat is browned all over.

Step 2
Heat remaining oil in pan. Add onion and garlic. Cook, stirring, for 3 minutes or until just softened. Add wine and cook for 10minutes. Stir in mustard and stock.

Step 3
Add potatoes, carrot and thyme. Season with pepper. Cover with lid and cook using the pressure setting number 2 for 30minutes or until beef is tender. Release the pressure using one the pressure release methods described in the Pressure Cooker User Manual.

Step 4
Add peas. Close the lid and cook for 10 minutes or until peas are tender.

Step 5
Serve sliced beef with vegetables and a little cooking liquid.

INGREDIENTS

2 tablespoons olive oil
1.8 kg piece beef topside or beef blade roast
3 small pickling onions, quartered
2 garlic cloves, crushed
1/3 cup dry white wine
3 teaspoons wholegrain mustard
1 1/2 cups beef stock
500g potatoes
1 bunch baby (Dutch) carrots, trimmed, peeled
3 sprigs fresh thyme
1/2 cup frozen peas

NOTES

TRAMONTINA

OSSO BUCO WITH OLIVES BASIL & ANCHOVIES

NEW

DIRECTIONS

Step 1
Heat oil in the pressure cooker without the lid on, cook veal in batches, until browned. Remove from cooker.

Step 2
Cook onion, garlic, anchovy and chopped basil in cooker, stirring, until onions soften. Return veal to cooker with undrained tomatoes and wine, secure lid. Bring cooker to high pressure. Reduce heat to stabilize pressure. Cook for 30 minutes.

Step 3
Release pressure using the quick release button on the top of the pressure cooker lid. Remove the lid, Stir in olives season to taste.

Step 4
Serve veal drizzled with sauce, sprinkle with basil leaves.

INGREDIENTS

1table spoon olive oil
6 thick pieces veal osso buco (2.0 kg)
1 large brown onion, chopped finely
2 cloves garlic, crushed
6 drained anchovy fillets, chopped finely
¼ cup coarsely chopped fresh basil
410 g canned crushed tomatoes
½ cup (125 ml) dry red wine
½ cup coarsely chopped seeded black olives
1/3 cup loosely packed fresh small basil leaves

NOTES

TRADITIONAL LAMB STEW

75min 6 serves

DIRECTIONS

Soak chillies in hot water for 5 minutes. In pressure cooker, heat oil and brown lamb on all sides. Remove from pot. Add onions, garlic and ham and sauté until soft. Add del pequillo chillies and all 3 wines to deglaze pan. Stir for 1–2 minutes to remove any small bits of meat or vegetables stuck to bottom of pan. Return lamb to pot along with tomatoes, water or stock, bay leaf and rosemary. Close lid, bring to high pressure and cook for 1 hour. Release pressure . Remove bones before serving.

INGREDIENTS

1 cup drained del pequillo chillies or 200g Serrano chillies
Olive oil, for sautéing
1.3 kg piece lamb shoulder or 1.3 kg lamb shoulder chops
1 cup onions, diced
4 cloves garlic, minced
114g Serrano ham, sliced
1 cup dry sherry fino or Amontillado
1 cup ruby port
1 cup dry white wine
3 x 425g cans of Italian style chopped tomatoes
½ cup of water or beef stock
1 bay leaf
2 rosemary sprigs

NOTES

TRAMONTINA

BARBECUE SPARE RIBS

35min 4 serves

DIRECTIONS

Heat oil over medium heat in the pressure cooker and sauté onions and garlic for 2 minutes. Stir in barbecue sauce and water and simmer for 5 minutes.
Add spare ribs and close pressure cooker lid. Bring to high pressure and cook for 18 minutes. Release pressure.

Remove ribs from the cooker and transfer to an oiled broiler rack. Season with salt and pepper. Position boiler pan 6 inches from source of heat. Broil lightly on one side and remove from oven.
While ribs are broiling, boil remaining cooking liquid over medium–high heat until it begins to thicken (about 5 minutes). Brush the thickened sauce over the ribs and boil for an additional 2–3 minutes. Turn over, brush sauce on and broil for 2–3 more minutes. Serve hot.

INGREDIENTS

1 tablespoon vegetable oil
1 medium onion, chopped
2 garlic cloves, chopped
2/3 cup prepared barbecue sauce
½ cup water
1½ kg of pork spare ribs
½ teaspoon salt
1/8 teaspoon black pepper

NOTES

TRADITIONAL BEEF STEW

60min 6 serves

DIRECTIONS

Heat oil in cooker until pan is hot, but not smoking. Season beef generously with salt and pepper and dredge in the flour. Shake off the excess flour. Sauté the meat in 3 separate batches, uncovered, stirring only occasionally, until well browned.

Meat should cover bottom of pot without layering to allow it to brown.
Transfer the beef to a plate. Discard the oil and wipe out the pan. Repeat with 2 remaining batches.

Return the pot to the stove and melt the butter over medium–high heat.

Add the onion and cook for about 3 minutes, stirring until lightly browned. Add the garlic and tomato paste and cook for about 1 minute. Return the beef to the pot, add the water or stock, and simmer. Using a piece of kitchen twine, tie together the parsley, thyme and bay leaves and add the bundle to the pot. Close lid and bring to high pressure. Cook for 30 minutes.

Release pressure and open lid. Add the potatoes, carrots, celery and tomatoes, and close lid. Bring to high pressure and cook for 6 minutes.

Release pressure and remove the herb bundle. Stir in the vinegar and season with salt and pepper. Divide among bowls and serve immediately.

INGREDIENTS

2 tablespoons vegetable oil
1 cup flour
2½ kg chuck steak, cut into 5cm cubes
Salt and freshly ground black pepper
2 tablespoons unsalted butter
2 medium onions, cut into sixths
5 cloves garlic, minced
1 tablespoon tomato paste
6 sprigs parsley
6 sprigs fresh thyme
2 bay leaves
Salt and black pepper, to taste
570g medium red potatoes, quartered
4 medium carrots, cut into 2.5cm pieces
2 celery stalks, cut into 2.5cm pieces
1 tablespoon red wine vinegar
2 x 425g cans of whole peeled tomatoes
8 cups cold water, or chicken or beef stock

RICE WITH CHICKEN & CHORIZO SAUSAGE

15min 6 serves

DIRECTIONS

Heat the olive oil over medium heat in the pressure cooker and add the capsicums. Sauté for 5 minutes or until they begin to soften. Add the peas and sweet corn and cook for another minute. Next, add the chicken and chorizo sausage, mix well and sauté for 2 additional minutes. Finally, add the rice, stirring, allowing it to absorb the olive oil. Cover with 4 cups of water.

Close the lid and bring to high pressure, then lower heat and cook for 6 minutes. Release pressure., remove the lid and serve.

INGREDIENTS

2 tablespoons olive oil
½ green capsicum, chopped finely
½ red capsicum, chopped finely
½ cup green peas, fresh or frozen
½ cup sweet corn, fresh or frozen
225g chicken breast, cut into small pieces
1 chorizo sausage (about 170g), cut into small pieces
4 cups water
1 cup medium-grain rice

NOTES

CITRUS CHICKEN

30min 6 serves

DIRECTIONS

Wash chicken and set aside. In large bowl, combine all ingredients except onion, stock and water. Mix well. Add chicken to mixture, turning a few times to cover with marinade. Slice onion and toss in bowl. Cover bowl with aluminium foil. Marinate for 3–8 hours.

When ready to cook, place chicken in pressure cooker. Add marinaded chicken, stock and water. Place lid on cooker, bring up to high pressure, then lower heat and cook for 25 minutes. Release pressure. Open lid and serve with steamed vegetables.

INGREDIENTS

1–1.8 kg chicken
1/3 cup orange juice
½ cup lemon juice concentrate
1/8 teaspoon salt
1/8 teaspoon pepper
½ cup honey
3 tablespoons chopped mint leaves
½ cup olive oil
½ teaspoon cumin
3 tablespoons fresh lime juice
Pinch of thyme
½ cup fresh lemon juice
½ teaspoon cinnamon
1 teaspoon grated orange peel
1 onion, sliced
2 teaspoons grated lemon peel
1 can low salt chicken stock
1 teaspoon grated lime peel
1 cup of water

NOTES

TRAMONTINA

BEEF GOULASH

50min 6 serves

DIRECTIONS

Heat half the oil in the pressure cooker without its lid and brown the meat over high heat. Remove the meat and set aside. Add the remaining oil with the onions and garlic and fry for a few minutes until browned. Return the browned meat to the cooker and stir in salt, paprika, stock and tomato paste. Close the lid, lock it, then bring the cooker to low pressure (setting number 1) over high heat. Once pressure has been reached, reduce the heat to low to stabilise pressure and cook for 25 minutes. Release the pressure using the natural-release method and remove the lid. For a thicker sauce, spoon out a little of the hot liquid from the cooker and add to it the flour paste, then mix this together and add back to the pan. Return the cooker to the heat and simmer, uncovered, for 3 minutes until the sauce has thickened. Check for the seasoning and serve with mashed potatoes, noodles or rice.

INGREDIENTS

2 tablespoons vegetable oil
1 kg stewing beef such as chuck or blade, cut into large cubes
3 garlic cloves, crushed
3 large white onions, chopped
1 tablespoon sweet paprika
1 teaspoon salt
1 tablespoon tomato paste
1½ cups beef stock
1 tablespoon plain flour, mixed to a smooth paste with a little water
Freshly ground black pepper
Mashed potatoes, rice or noodles to serve

NOTES

LAMB WITH WINE

65min 6 serves

DIRECTIONS

Heat the oil in the pressure cooker over medium heat, and brown the lamb on all sides. Once browned, remove the lamb from the cooker, set aside in a warm place and season well with salt and pepper.
Add the garlic, rosemary and anchovies to the cooker and fry, stirring, for a few minutes. Sprinkle in the flour, stirring, and let it brown lightly. Pour in the wine and vinegar, and bring to the boil, cooking until the liquid has thickened slightly. Add the stock and return the browned lamb leg to the pan.
Close the lid and lock it, then bring the cooker to high pressure over high heat. Once high pressure has been reached, reduce the heat to stabilise pressure and cook for 20 minutes. Release the pressure and remove the lid.
Carefully turn the lamb leg over, then close the lid and lock it and bring the cooker to high pressure over high heat. Once high pressure has been reached, reduce the heat to stabilise pressure and cook for a further 20 minutes, then release the pressure using the natural-release method and remove the lid.
Season with more salt and pepper if needed and serve immediately with roasted potatoes.

INGREDIENTS

1 tablespoon olive oil
1.2 kg boned lamb leg, trimmed of fat
Salt and freshly ground black pepper
2 cloves garlic, crushed
6 rosemary sprigs
6 anchovy fillets, finely chopped
1 tablespoon plain flour
1 cup dry white wine
¼ cup white wine vinegar
½ cup beef stock
Roasted potatoes, to serve

NOTES

TRAMONTINA

PORK WITH CHICKPEAS

75min 7 serves

DIRECTIONS

Place the chickpeas in the pressure cooker with 3 cups water. Close the lid and lock it, then bring the cooker to high pressure over high heat. Once high pressure has been reached, reduce the heat to stabilise pressure and cook for 25 minutes.

Release the pressure using the natural-release method and remove the lid. Transfer the chickpeas and cooking water to a large bowl and leave to soak while continuing with the dish.
Place the pressure cooker over medium heat on the stove. Add the oil then add the pork and brown for a few minutes on all sides. Remove and set aside, then add the onion to the pan and sauté on low heat for a minute, until softened.
Stir the chilli powder and add the garlic, carrots, and salt and pepper to taste. Return the browned pork to the cooker, then drain the chickpeas and add these along with 1 cup water.

Close the lid and lock it, then bring the cooker to low pressure over high heat. Once low pressure has been reached, reduce the heat to stabilise pressure and cook for 25 minutes. Release the pressure using the natural-release method and remove the lid. Fold through the cherry tomatoes, parsley and mint and continue to cook on the stove, uncovered, for another 5 minutes. Add the lemon juice just before serving.

INGREDIENTS

2 tablespoons olive oil
1½ cups dried chickpeas
1 kg diced pork
2 large brown onions, sliced
3 cloves garlic, crushed
1 teaspoon chilli powder
3 carrots, diced
Salt and freshly ground black pepper
2 x 200g punnets cherry tomatoes
1 bunch flat-leaf parsley, leaves freshly chopped
1 small bunch mint, leaves freshly chopped
Lemon juice, to taste
4 cups water

NOTES

OSSO BUCCO

40min 4 serves

DIRECTIONS

Dust the osso bucco in the flour, remove any excess and season well with salt and pepper. Heat 2 tablespoons of the oil in the pressure cooker over medium–high heat and, working in batches, lightly brown the meat on both sides and set aside. Add the remaining oil to the cooker and fry the garlic, onion, carrot and celery until softened. Return the meat to the cooker and add the wine, beef stock, bay leaf, rosemary and tomatoes. Close the lid and lock it, then bring the cooker to low pressure (setting number 1) over high heat. Once pressure has been reached, reduce the heat to low to stabilise pressure and cook for 25–30 minutes. Release the pressure using the natural-release method and remove the lid. Serve with mashed potato or polenta.

INGREDIENTS

4–6 slices osso buco, about 3 cm thick, with bone in
Plain flour, for dusting
Salt and freshly ground black pepper
3 tablespoons olive oil
4 cloves garlic, chopped
1 brown onion, chopped
1 carrot, chopped
1 large stick celery, finely chopped
1 cup dry red wine
½ cup beef stock
1 bay leaf
1 sprig rosemary
425g canned diced tomatoes

NOTES

TRAMONTINA

CHICKEN & CHORIZO

25min 6 serves

DIRECTIONS

Heat oil in the pressure cooker and sauté the onion until brown. Add the chicken thighs and brown both sides. Add paprika, garlic and chorizo and cook for 2 minutes. Season with salt and pepper and add the stock, stirring well.
Close the lid and lock it, then bring the cooker to low pressure over high heat. Once low pressure has been reached, reduce the heat and cook for 10 minutes. Release the pressure. Serve with steamed rice or noodles.

INGREDIENTS

2 medium white onions, chopped
1 mild chorizo, sliced
3 tablespoons olive oil
6 chicken thigh fillets, halved
1 teaspoon sweet paprika
3 cloves garlic, chopped
Salt and freshly ground black pepper
1 cup chicken stock
Steamed rice or noodles, to serve

NOTES

PEA AND HAM SOUP

NEW

*Ammended information. June/2013

DIRECTIONS

Step 1
Heat oil in a large frying pan over medium-high heat. Cook onion, stirring, for 3 minutes or until softened. Add garlic, celery and potatoes. Cook without lid, stirring, for 3 minutes.

Step 2
Add ham hock, stock, bay leaf and 1 litre cold water. Season with pepper. Close the Pressure Cooker lid and cook for 25 minutes on pressure setting number 2. Release the pressure using one the pressure release methods described in the Pressure Cooker User Manual.

Step 3
Remove hock from soup. Remove and discard rind and bone. Shred the ham and return it to soup. Close the lid, and cook on pressure setting number 2 for an extra 25 minutes or until ham and peas are tender. Release pressure.

Serve with parsley and crusty bread.

INGREDIENTS

1 tablespoon olive oil
1 small brown onion, finely chopped
2 garlic cloves, crushed
2 sticks celery, diced
300g Sebago potatoes, peeled, diced
650g ham hock
1 cup green split peas, washed, rinsed
3 cups salt-reduced chicken stock
1 dried bay leaf
Chopped fresh flat-leaf parsley and crusty bread, to serve

NOTES

TRAMONTINA

GREEK LAMB AND POTATO SOUP

NEW

DIRECTIONS

Step 1
Heat oil in a pressure cooker, cook the lamb until browned . Remove from cooker

Step 2
Cook onion in same cooker, stirring until soft.
Return lamb to cooker with rind and the water; secure lid. Bring cooker to high pressure. Reduce heat to stabilize pressure, cook for 25 m minutes.

Step 3
Release pressure using the quick release valve on the top of the lid. Remove lamb. Add potatoes to cooker, secure lid. Bring cooker to high pressure. Reduce heat to stabilize pressure, cook for 5 minutes.

Step 4
Meanwhile remove meat from lamb shanks, discard bones, shred meat coarsely.

Step 5
Release pressure, remove the lid. Return lambs to cooker with beans, simmer uncovered until hot. Stir in juice and dill, season to taste.

INGREDIENTS

1 tablespoon olive oil
2 french trimmed lamb shanks (500 gr)
1 Large brown onion (200g) Chopped coarsely
1 teaspoon finely grated lemon rind
2 cups (500ml) water
600g potatoes, chopped coarsely
2 cups (300g) broad beans blanche, peeled
¼ cup (60ml) lemon juice
A tablespoon finely chopped fresh dill

NOTES

FISH SOUP

30min 5 serves

DIRECTIONS

Heat oil in the pressure cooker and sauté the garlic, onion, tomato, saffron and potato for 3 minutes. Add rice, water and fish stock to the pressure cooker and season with salt and pepper. Close and lock the lid, then bring the cooker to low pressure (setting number 1) over high heat. Once pressure has been reached, reduce the heat to stabilise pressure and cook for 8 minutes. Release the pressure using the natural-release method, unlock and remove the lid, add the fish pieces. Return the cooker to the heat and simmer uncovered for 3–4 minutes, until the fish is cooked through. Check for seasoning adding more salt and pepper if necessary. Serve with a little extra virgin olive oil. Sprinkle with parsley.

INGREDIENTS

3 tablespoons olive oil
3 cloves garlic, minced
1 medium white onion, chopped
2 tomatoes, cut into large chunks
Pinch of saffron threads
4 potatoes, cut into small pieces
½ cup basmati rice
3 cups fish stock and 3 cups water
Salt and freshly ground black pepper
1 kg of barramundi or flathead, skinned and cut into large chunks
1 bunch parsley, washed, stems and leaves finely chopped
Extra virgin olive oil for serving

NOTES

TRAMONTINA

TORTILLA SOUP

22min 4 serves

DIRECTIONS

Heat oil in cooker then add onions and garlic cloves. Sauté until deep golden brown. Remove from cooker and puree with tomatoes in blender or food processor until smooth.
Return to cooker and add stock. Bring to boil. Bring up to high pressure, reduce heat and cook for 10 minutes. Release pressure and remove the lid. Add coriander and salt to taste.
Place cheese and tortilla chips in individual soup bowls and pour hot soup on top. Serve with lime wedges, if desired.

INGREDIENTS

1/3 cup oil
2 onions, diced
4 cloves garlic, peeled
125g canned chopped tomatoes
2.8 L chicken stock
Tortilla chips
Coriander, chopped
450g grated cheese
Lime wedges (optional)

NOTES

SPICED ITALIAN CHICKEN SOUP

30min 6 serves

DIRECTIONS

Place 1 tablespoon olive oil in cooker. Cook sausage, drain and set aside. Add 1 tablespoon olive oil to pressure cooker and sauté onion and garlic. Do not brown. Add barley and sauce.

Add browned sausage, lentils, uncooked chicken breast to cooker then add enough chicken stock to cover ingredients in cooker. Close lid, bring to high pressure then lower heat on stove and cook for 9 minutes.

Remove from heat and release pressure using the natural-release method. Open cooker. Remove chicken, shred meat and return to cooker.

Add remaining chicken stock, beans, spinach and salsa to soup mixture and heat thoroughly.

INGREDIENTS

226g Italian sausage, casing removed, crumbled
½ cup diced onion
3 cloves garlic, crushed
2.8 litres chicken stock
1 cup lentils
1 chicken breast, split with bone, uncooked
½ cup parsley, chopped
425g canned chick peas and juice
450g fresh or frozen spinach
1 cup mild to medium salsa
2 tablespoons olive oil

NOTES

TRAMONTINA

POTATO-CARROT SOUP

22min 4 serves

DIRECTIONS

In pressure cooker, sauté onion in cooking oil for 3 minutes. Add potatoes and carrots and continue to sauté for 1 additional minute. Add stock and cumin. Close lid, bring to high pressure then lower heat on stove and cook for 12 minutes. Remove from heat and release pressure using the natural-release method. Add salt and pepper to taste. Let cool slightly. Puree in blender, mixing alternately with milk until smooth and creamy. Serve hot.

INGREDIENTS

3 tablespoons cooking oil
1 large onion, chopped
4 large potatoes, sliced thinly
750ml chicken or vegetable stock
2 teaspoons cumin
Salt and pepper, to taste
1 cup milk
6 large carrots, sliced thinly

NOTES

BUTTERNUT SQUASH BISQUE

25min 6 serves

DIRECTIONS

In a pressure cooker, sauté onions in olive oil for approximately 3 minutes, or until they begin to soften, but not brown. Add remaining ingredients, except milk and salt, and place lid on cooker.

Bring up to high pressure then lower heat and cook for 10 minutes. Release pressure using the natural-release method. Open lid and allow to cool slightly.

Place ingredients into blender or food processor along with milk and salt, if desired. Puree until smooth. Serve medium hot.

INGREDIENTS

1 tablespoon olive oil
1½ litres of chicken stock
½ cup long-grain rice
1½ teaspoons ground cumin
2 teaspoons ground ginger
Salt, to taste
475 ml milk for thinner consistency
1/3 kg butternut squash, peeled, seeded, and cut into 2.5cm chunks
2 large onions, peeled and cut into large pieces
3 large red delicious apples, peeled and cut into 2.5cm pieces

NOTES

TRAMONTINA

WHITE BEAN ESCAROLE SOUP

33min 6 serves

DIRECTIONS

To quick-soak the beans:
Place the rinsed beans in the steamer basket on top of steamer trivet and put inside the pressure cooker. Add 6 cups of water. Close lid, bring to high pressure and cook for 2 minutes. Release pressure using the natural-release method.
Remove beans and rinse again. Your beans are now ready to be cooked.
Add the quick-soaked beans to the cooker and add 1 tablespoon of olive oil and 2 cups water or stock. Close the lid, bring to high pressure and cook for 8 minutes. Release pressure using the natural-release method. Remove and set aside.

Heat olive oil in the pressure cooker. Add onion and carrots, cover and simmer for 5 minutes or until tender. Add the garlic and sauté for 1 minute. Add half the beans and mash with a potato masher. Add the other half of the beans along with the stock and lettuce. Close the lid, bring to high pressure and cook for 10 minutes.
Release pressure using the natural-release method. Open lid, add parsley and sage and adjust seasoning. Simmer for 5 minutes. Serve with bread and salad for a complete meal.

INGREDIENTS

3 tablespoons olive oil
1 onion, finely chopped
2 carrots, finely chopped
3 cloves garlic, minced
6 cups chicken stock
4 fresh sage leaves, finely sliced
450g white cannellini beans, quick-soaked
½ cup chopped Italian parsley
226g lettuce, sliced thinly
Salt and pepper

NOTES

BEAN & PEPPER SALAD

25min 4 serves

DIRECTIONS

Sort through beans and discard any stones or other foreign matter. Rinse well.
Place beans in the pressure cooker, turn on heat to medium–high, bring to high pressure, then lower heat and cook for 18 minutes. Release pressure using natural-release method.
Open lid and drain beans in a colander and spread them on plate to cool slightly. Remove the stems, seeds and ribs from the capsicums and Poblano chilli. Cut the peppers into 6mm cubes, or as small as the cooked beans.
In a large bowl, whisk together the vinegar, salt, black pepper and Poblano chilli, if desired. Slowly add the olive oil, whisking constantly. Toss in the diced peppers, onion and warm beans and mix well. Cover and refrigerate for at least 2 hours or as long as overnight. Serve the salad chilled.

INGREDIENTS

½ cup dried black beans
½ cup dried red or kidney beans
1 yellow capsicum
1 red capsicum
1 fresh Poblano chilli pepper
½ cup red wine vinegar
1 teaspoon salt
½ teaspoon freshly ground black pepper
2/3 cup olive oil
1 red (Spanish) onion, finely diced

NOTES

TRAMONTINA

SUN-DRIED TOMATO RISOTTO

15min 6 serves

DIRECTIONS

In the pressure cooker, simmer the tomatoes in the water for 1 minute, drain them, reserving the liquid, and chop them. Cook the onion and the garlic in the oil over moderately low heat, stirring until browned. Add the rice, stirring until each grain is coated with oil, and stir in the tomatoes. Combine the reserved cooking liquid and the stock; add the liquid to the cooker and bring to a simmer.

Close the lid, bring to high pressure and cook for 6 minutes. Release the pressure with the natural-release method.

Open the cooker and taste the risotto. It should be barely tender (al dente).

If necessary, return to medium heat, add a small amount of liquid and stir until rice is slightly tender. Stir in the Parmesan and salt and pepper to taste and sprinkle the risotto with the parsley. Let it stand 1 minute before serving.

INGREDIENTS

29g sundried tomatoes
1 cup water
2½ cups chicken stock
1 cup finely chopped onion
1 garlic clove, minced
4 tablespoons olive oil
1 cup rice
½ cup freshly grated Parmesan finely
Chopped fresh parsley leaves for sprinkling on top

NOTES

RED BEANS & RICE

60min 8 serves

DIRECTIONS

To quick-soak the beans:
Place the rinsed beans in the steamer basket on top of steamer trivet and put inside the pressure cooker. Add 6 cups of water. Close lid, bring to high pressure and cook for 2 minutes. Release pressure using the natural-release method.
Remove beans and rinse again. Your beans are now ready to be cooked.
Drain the beans, discarding the water, and set them aside in the pressure cooker.
Place the onion, celery, green capsicum, garlic, bay leaves and seasonings in a medium mixing bowl. Drizzle the olive oil over them and let the mixture sit at room temperature for at least 30 minutes.
Pour the olive oil and vegetables over the beans and let sit at room temperature for 10 to 15 minutes. Add enough of the water to cover the beans. Close the lid, bring to high pressure and cook for 40 minutes.
Remove the bay leaves and serve the hot beans over the rice.

INGREDIENTS

450g dried red beans (quick-soaked)
1 large onion, diced
1 cup diced celery
1 cup chopped green capsicum
4 garlic cloves, finely chopped or minced
4 bay leaves
4 tablespoons parsley, chopped
2 teaspoons dried thyme, crushed
1½ teaspoons salt
1 teaspoon freshly ground black pepper
½ cup olive oil
3–4 cups water
2–3 cups cooked rice

NOTES

TRAMONTINA

BARBEQUE BEANS

30min 6 serves

DIRECTIONS

To quick-soak the beans:
Place the rinsed beans in the steamer basket on top of steamer trivet and put inside the pressure cooker. Add 6 cups of water. Close lid, bring to high pressure and cook for 2 minutes. Release pressure using the natural-release method.
Remove beans and rinse again.
Your beans are now ready to be cooked. Return the beans to the cooker and add the olive oil and water or stock. Close the lid, bring to high pressure and cook for 8 minutes. Release pressure using the natural-release method.
Drain the beans and return them to the cooker. Beans may still remain a little hard. Combine the remaining ingredients and add salt and pepper to taste. Close the lid again, bring to high pressure and cook for 15 minutes. Release pressure using the natural-release method.

INGREDIENTS

450g dry navy or small white beans, rinsed and quick-soaked
1 cup chopped white onions
1 cup chopped red onions
1/8 cup minced garlic
½ cup red wine vinegar
1 tablespoon Dijon mustard
½ cup soy sauce
1 cup dark brown sugar
½ cup Worcestershire sauce
½ cup tomato sauce
1 tablespoon dark chilli powder
250g canned plum tomatoes, drained and chopped
1 chilli, chopped
3 cups water or chicken stock
1 tablespoon olive oil
1 tablespoon honey
Salt and pepper to taste

NOTES

BLACK BEANS & CHORIZO SAUSAGE

50min 8 serves

DIRECTIONS

Add the oil to the pressure cooker.
When the oil is hot add the sausage and brown for 2 minutes. Add the onions and peppers, season with salt and pepper to taste. Saute for 3–4 minutes or until the vegetables are wilted.
Stir in the garlic and black beans.
Sauté for 1 minute. Add the stock then close the lid and bring to high pressure.
Cook for 45 minutes. Release pressure using the natural-release method.
Open cooker, stir in butter and re-season with salt and pepper.

INGREDIENTS

½ tablespoon vegetable oil
120g dried Chorizo sausage, finely chopped
1 cup chopped onion
1 small chilli pepper, finely minced
Salt & ground pepper
2 tablespoons chopped garlic
120g black beans
4 cups chicken stock
1 tablespoon butter

NOTES

TRAMONTINA

STEAMED RICE

8min 4 serves

DIRECTIONS

Heat oil in pressure cooker. Stir in rice and then add stock or water.
Close lid, bring up to high pressure, then lower heat and cook for 8 minutes.
Release pressure, open lid, add butter plus salt and pepper to taste. Mix thoroughly.
Serve while hot.

INGREDIENTS

3 tablespoons olive oil
1 cup long-grain rice
2 cups low salt chicken stock or water
1 tablespoon butter
Salt and pepper, to taste

NOTES

CINNAMON APPLE FLAN WITH MAPLE SYRUP

NEW

DIRECTIONS

In a small saucepan, combine the maple syrup and the cinnamon. Add the apple slices and slowly simmer until the apples are tender. Divide the mixture into 6 greased custard cups. In a large bowl, whisk the eggs and egg yolks. Stir in the vanilla, sugar and milk. Pour this mixture slowly into the custard cups. Cover tightly with foil.

Fill the pressure cooker with 625 ml (2 1/2 cups) water. Place as many custard cups as will fit in the pressure cooker steamer basket and lower into the pressure cooker. Lock the lid and bring to pressure, then lower heat and cook for 6 minutes. Allow pressure to drop using the natural release method and then let stand with closed lid for 10 minutes. Remove the lid, take out the basket, loosen the foil and cool the custard.

Refrigerate. To serve, loosen the custard from the molds with a knife and invert onto dessert dishes.

As simple as it is appealing. You could substitute other fresh fruits, like peaches or pears, if you wish.

INGREDIENTS

5 tablespoons (75 ml) maple syrup
1/4 teaspoon (1 ml) cinnamon
2 apples, peeled and cut in 5 mm slices
3 whole eggs
3 egg yolks
1/4 teaspoon (1 ml) vanilla
6 tablespoons (90 ml) sugar
2 1/2 cups (625 ml) milk

NOTES

TRAMONTINA

APPLESAUCE

NEW

DIRECTIONS

Place the apples, cinnamon, and water (or juice) in pressure cooker. Lock the lid in place and bring to pressure, and then turn off heat. Allow pressure to drop by the natural release method [1].

You can serve the applesauce chunky, or puree it in a food processor.

Prior to serving, if desired, stir in the lemon zest, lemon juice, and honey to taste.

Serving Suggestion: Top warm applesauce topped with some raisins and chopped, toasted walnuts.

INGREDIENTS

3 lb (1.4 kg) apples, peeled, cored, and quartered
3/4 teaspoon (4 ml) ground cinnamon
1 cup (250 ml) water or apple juice

Optional: Grated lemon zest
Optional: Fresh lemon juice
Optional: Honey

NOTES

QUICK-COOKING CUSTARD

4 serves

DIRECTIONS

Scald milk and allow to slightly cool. Add eggs and sugar then add milk slowly, stirring continually. Add vanilla extract. Pour into individual custard cups and cover with aluminium foil.
Add water to cooker, then add trivet and steamer basket. Place custard cups in steamer basket. Close cooker lid, bring to high pressure then lower heat. Cook for 3 minutes.
Release the pressure and remove the lid. Chill custard.

INGREDIENTS

2 cups milk
2 eggs, slightly beaten
1/3 cup sugar
½ teaspoon vanilla extract
1 cup water

NOTES

SPICED APPLE CRUNCH

4 serves

DIRECTIONS

Butter a 15cm baking dish. Combine bread crumbs, sugar, cinnamon, juice and rind of lemon in a bowl. Place alternate layers of apples and crumbs in baking dish. Pour melted butter over ingredients and cover bowl firmly with aluminium foil. Place water, cooking rack and bowl in cooker. Close lid, bring to high pressure and cook for 15 minutes.
Release pressure, remove the lid and the steamer basket with dish or baking tray. Loosen the foil and cool. If you wish to add more colour and crunch, run the dish quickly under the broiler (watch carefully to prevent burning).

INGREDIENTS

1 cup dry bread crumbs
½ cup sugar
½ teaspoon cinnamon
1 lemon (juice and rind)
3 apples, sliced
½ cup butter, melted
2 cups water

NOTES

PINEAPPLE TIDBITS

4 serves

DIRECTIONS

In the pressure cooker melt butter then add sugar. Stir, add the pineapple, all the juice from the pineapple tidbits and the rum. Close pressure cooker lid, bring to high pressure then lower heat on stove and cook for 3 minutes.
Release pressure, open lid and stir.
Excellent served over pound cake, angel food cake, ice cream or by itself, served with whipped cream.

INGREDIENTS

3 cups pineapple tidbits, frozen and thawed or canned (reserve juice)
3 tablespoons butter
4 tablespoons brown sugar
3 tablespoons dark rum (or more if desired)
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon ginger

NOTES

CREAMY HONEY RICE PUDDING

4 serves

DIRECTIONS

In cooker, combine rice, olive oil and water. Close lid, bring to high pressure then lower heat on stove and cook for 8 minutes.
Release pressure using natural-release method, open lid and add honey and sugar to rice mixture. Stir in evaporated milk, skim milk and egg yolks. Cook over medium heat for 3 minutes or until mixture thickens. Stir constantly.
Add raisins and vanilla extract. Spoon into dishes and sprinkle with cinnamon.
Serve hot or cold.

INGREDIENTS

1 cup long-grain rice
½ teaspoon olive oil
2¼ cups water
1/3 cup honey
¾ cup evaporated milk (fat-free can be used)
½ cup sugar
¼ cup skim milk
3 egg yolks
1/3 cup raisins (optional)
1 teaspoon vanilla extract or cinnamon, to taste

NOTES

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TRAMONTINA

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